19th Annual Mont Vernon 5K & Fun Run

Saturday May 20, 2023

 FUN RUN STARTS @ 8:30 am 5K STARTS @ 9 am

 Registration from 7:00 to 8:15 am Registration from 7:00 to 8:45 am

Join us for the annual Mont Vernon 5K and Fun Run in memory of McKayla Geisinger and Tony Barksdale II. All proceeds from the race will go to The MVFDA and will benefit our community. The 5K and Fun Run is walker-friendly and all abilities may participate. You may use this form or register online at [www.running4free.com](http://www.running4free.com) *.* Race day registration will be held at the Fire Department parking lot. Refreshments will be provided for all participants.

Questions: Contact MontVernonRecreation@gmail.com

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE (ON RACE DAY) \_\_\_\_\_\_

ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I WILL BE PARTICIPATING IN THE 5K\_\_\_ FUN RUN\_\_\_ MALE\_\_\_\_ FEMALE\_\_\_\_

PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EARLY REGISTRATION (MUST BE RECEIVED BY MAY 15, 2023)**:

(Circle one)

5K: $**25** FUN RUN: $15

**RACE DAY REGISTRATION:**

(Circle one)

5K: $30 FUN RUN: $20

**T-SHIRTS ARE GUARANTEED FOR THE FIRST 120 REGISTERED PARTICIPANTS. PLEASE INDICATE YOUR SHIRT SIZE BELOW. NOTE THAT SIZES ARE NOT GUARANTEED:**

(Circle one)

YOUTH (adult S) / ADULT S M L XL XXL

Please make checks payable to **Mont Vernon Fire Department Association** and send with completed registration form to:

**Mikaela Morgan, 72 Tater Street, Mont Vernon, NH 03057**

RACE AGREEMENT: BY SIGNING BELOW I UNDERSTAND AND AGREE TO THE FOLLOWING. I KNOW THAT THIS IS NOT A CLOSED COURSE AND THAT RUNNING/WALKING IN A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY.I SHOULD NOT ENTER AND RUN/WALK IN THIS EVENT UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED.I AGREE TO ABIDE BY ANY DECISION BY ANY RACE OFFICIAL RELATIVE TO MY ABLILITY TO SAFELY COMPLETE THE RACE. I ASSUME ALL RISKS OF RUNNING/WALKING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, EFFECTS OF WEATHER, TRAFFIC OR ROAD CONDITIONS. I WAIVE, RELEASE, DISCHARGE, COVENANT NOT TO SUE, INDEMNIFY AND HOLD HARMLESS THE TOWN OF MONT VERNON, THE RECREATION COMMISSION, NEIGHBOR TO NEIGHBOR,5K SPORTS MANAGEMENT,SPONSORS,ALL VOLUNTEERS,OFFICIALS AND SUCCESSORS FROM AND AGAINST ALL ACTIONS,SUITS,LIABILITIES,CLAIMS,DEMANDS,COSTS(INCLUDING LEGAL FEES AND EXPENSES) OR DAMAGES ARISING OUT OF MY PARTICIPATION IN THIS EVENT WHETHER THE RESULT OF NEGLIGENCE OF ANYFOREGOING PARTIES OR OTHERWISE. I UNDERSTAND THAT NO INLINE SKATES, SKATEBOARDS, OR BIKES ARE ALLOWED ON RACE COURSE. PARENT OR LEGAL GUARDIAN MUST SIGN IF PARTICIPANT IS A MINOR.

SIGNED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_